



L.O.V.E.

letter

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JUNE 2020

The Value of A Father.....Priceless!!

A difficult task for me is finding an introduction when it comes to writing the newsletter. Since June is the month for Father's Day, I wanted something catchy, yet simple. After several minutes of strenuous thinking! A Mastercard commercial came to mind. The commercial shows a father and son going to a baseball game and every action is detailed by the cost. For example: two tickets \$46, two hotdogs, two popcorn, two sodas \$27, one autographed baseball \$50, real conversation with 11 year-old son-priceless. Then the commercial ends with: "There are some things money can't buy. For everything else there's MasterCard". Sometimes, we often give our children the "things" we didn't have as a child-as if, we are making up for our inadequacies of being a "good mother or father". Society will have us to think that money, cell phones, clothes, shoes, or even a car is the best alternative for love and being present in a child's life.

As I looked through the numerous pictures and templates to choose for this month's newsletter, the above picture caught my eye. In the picture, we see a man standing with a child. Nothing special? Oh, how I love this picture! Why? Because it speaks the value of a father....priceless! This picture reveals the importance of a father, his role, his significance, and more importantly his presence. This picture does not show the man's weaknesses, shortcomings, failures, socioeconomic status, age, race, or his biological relationship to this child. On the contrary, it reveals the end result of being actively present in a child's life-companionship, affection, security, and love. If the child could speak, he would tell you about the awesomeness of his father. Yes, I used the word "awesomeness", because I believe a father that is actively present in a child's life is awesome and will produce fruit of courage, wisdom, and strength. The bible reveals the importance of a father's role in the lives of children. In Proverbs 4:1-4 it says: "Listen, children, to a father's instruction; pay attention, in order to gain insight; for I am giving you good advice; so don't abandon my teaching. For I too was once a child to my father; and my mother, too, thought of me as her special darling. He too taught me; he said to me, "let your heart treasure my words; keep my commands, and live; gain wisdom, gain insight; don't forget or turn from the words I am saying". This is only a couple of verses written in the book of Proverbs; however it shows the unique and special relationship of a father. Please join me in the celebration of the invaluable roles of fathers and their contribution in the lives of children. Fathers, we thank you for your endless support, commitment, and all the ways you go above and beyond every day to care for your families. ~Kim Taylor

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A GOOD FATHER
is one of the most
UNSUNG,
UNPRAISED,
UNNOTICED,
and yet one of the
MOST VALUABLE ASSETS
in our society.

BILLY GRAHAM

Did You Know?

Father's Day is a special occasion to celebrate the contributions that fathers and father figures make in their children's lives. Its origins may lie in a memorial service held for a large group of men, many of them were killed in a mining accident in Monongah, West Virginia in 1907. However, Sonora Smart Dodd is known as the "influential promoter of Father's Day". While listening to a Mother's Day sermon with her father in 1909, she was bothered that there wasn't a day to honor her civil war veteran father. Her father, William Smart had raised her five younger brothers alone after their mother died during childbirth. This was uncommon at that time, as many widowers placed their children in the care of others or quickly married again. Sonora was inspired by the work of Anna Jarvis, who had pushed for Mother's Day celebrations. Sonora felt that her father deserved recognition for what he had done.

President Woodrow Wilson sanctioned the idea of celebrating Father's Day in 1913 and visited Spokane to join the celebration in

1916. President Calvin Coolidge supported the idea in 1924 and U.S. Senator Margaret Chase Smith from Maine introduced a bill to create a federally proclaimed day. She wrote:

"Either we honor both parents, mother and father, or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable".

President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day in 1966.

President Richard Nixon established a permanent national observance of the day in 1972. ~Written by Lindsey Jacobson

TORAH READINGS FOR JUNE

JUNE 6

Numbers 4:21-7:89; Judges 13:2-25; Luke 1:11-20

June 13

Numbers 8:1-12:16; Zechariah 2:14 (10) - 4:7;
Matthew 14:14-21

June 20

Numbers 13:1-15:41; Joshua 2:1-24; Matthew 10:1-14

June 27

Numbers 16:1-18:32; 1 Sam 11:14-12:22; John 19:1-17



10 WAYS TO PRAY FOR YOUR PASTOR DURING THE COVID-19 OUTBREAK

By Dr. Mark A. Croston

People often see Pastors as strong and confident, yet most of us haven't seen anything like what the world is currently experiencing in our lifetimes.

In his work *Lectures to My Students*, Charles Spurgeon wrote:

As it is recorded that David, in the heat of battle, waxed faint, so may it be written of all the servants of the Lord. ... Usually cheerful as we may be, we must at intervals be cast down. The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy. There may be here and there men of iron, ... but surely the rust frets even these...

Please remember Pastors in your prayers. Here are 10 ways to pray for your Pastor during this COVID-19 season in human history.

1. PERSPECTIVE

I've heard over and over people say about COVID-19, "This is the first time in history..." Well, it really isn't. Just do your own search on "pandemics in history," and you'll see.

Pray your Pastor keeps this crisis in its proper perspective. "Whatever is has already been..." (Ecclesiastes 3:15a)

2. PATIENCE

It may take us a while to get through this. Twenty of the most significant pandemics in world history have each taken a year or two before they were past. This one may take time, but we'll get past it. Pray for patience. Romans 12:12 says, "Rejoice in hope; be patient in affliction; be persistent in prayer."

3. PEACE

Isaiah 26:3 encourages, "You will keep the mind that is dependent on you in perfect peace, for it is trusting in you."

Remember peace is not the absence of trouble, but confidence and calmness of body, mind, and spirit trusting in the power and grace of God. Pray that God grant a peace like Philippians 4:7 that surpasses our ability to understand.

4. PAYCHECK

There are many people, families, and businesses under financial stress during this season.

If members are struggling financially, the church struggles financially and sometimes the Pastor along with it.

Pray claiming the promise of Philippians 4:19: *And my God will supply all your needs according to his riches in glory in Christ Jesus.*

5. PARTNER

The Pastor is not alone. Whether good or bad, whatever affects him affects his wife as well.

Pray for your Pastor's spouse that she might be the kind of support, confidante, and companion needed during this time.

Pray that "Strength and honor are her clothing, and

she can laugh at the time to come" (Proverbs 31:25).

6. POSTERITY

Need I mention the Pastor's children?

Whether they are younger and missing school, older and missing work, or somewhere in between or maybe missing their health, the Pastor can never do his best work for the community and the church while he is burdened by trying to meet the needs of his family.

7. PASTORAL SKILLS

In times like this, a Pastor must be both caring and daring. No seminary class has prepared us for this one.

We must think out of the box about the logistics of connecting with the congregation, caring for the sick, comforting the grieving, feeding the hungry, housing the homeless, and handling the online experience too.

Pray that your Pastor will be more like a player-coach than a pretend Superman. There are minds in the congregation that can help him think, along with mouths, ears, hands, and feet that can help him act.

Paul said, "I am able to do all things through him who strengthens me." (Philippians 4:13), but he was not saying we had to do them all alone.

8. PHYSICAL WELLNESS

Needless to say, when we're sick it's more difficult to be a help to others. Pray for your Pastor to find balance, rest, good food, and his own self care.

I'm often reminded that Paul, the great apostle, kept the physician Luke with him. I'm sure Dr. Luke did more than write the books of Luke

and Acts. Maybe his main job was keeping Paul healthy.

Sometimes our role in the expansion of the kingdom of God is caring for the one who leads us in the advance—our pastor.

9. PARISHIONERS

Pray for the members of the church. Pray they remember that God is in control and that we can "cast all your cares on him, because he cares about you" (1 Peter 5:7).

The Pastor is always praying for the members of the church. If you would pray for them, you're joining in your Pastor's work, which means when you're praying for them, you're indirectly praying for him.

10. PREACHING

This time requires a whole new kind of preaching from our Pastors: preaching to empty pews; preaching to cyber-followers who may have never heard a sermon before or even stepped foot in a church; preaching to new, greater, and ever-changing needs.

We need to hear a fresh word from God.

We need to be reminded there's still a balm in Gilead and that God is our light in the time of darkness. We need to know God is still a waymaker, He's still on the throne, and that He still has all power in His hands.

We need to be reminded that God has been our help in ages past and is still our hope for years to come.

Pray that your Pastor would not be so busy doing everything others can do, that he does not have time to do what he's really called to do, "Preach the word; be ready in season and out of season" (2 Timothy 2:4a).

A 7-DAY CORONAVIRUS PRAYER GUIDE



PRAY FOR THE SICK

Pray for those who are sick, and their families, that the Lord would heal and comfort them.



PRAY FOR HEALTHCARE WORKERS

Pray for those on the frontlines treating those who are sick, that the Lord would protect and strengthen them.



PRAY FOR THE VULNERABLE

Pray for those who are especially vulnerable to disease, that the sickness would pass over them and that they would rely on others for help.



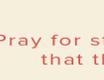
PRAY FOR THE UNEMPLOYED

Pray for those who have lost work, that God would provide through their families and communities.



PRAY FOR OUR LEADERS

Pray for national and local government leaders, that they would have wisdom to do what is best for all.



PRAY FOR STUDENTS & FAMILIES

Pray for students who are out of school, and their families, that the Lord would give them patience and discipline.



PRAY FOR CHURCHES

Pray for churches and ministry leaders, that they would know how to best show the love of Christ in this time.

"Peace I leave with you. My peace I give to you. I do not give as the world gives. Don't let your heart be troubled or fearful."

JOHN 14:27

Staying physically active during self-isolation

How much?

World Health Organisation recommendations for physical activity are:



150 minutes of moderate-intensity,
or **75 minutes of vigorous exercise,** per week.



Muscle-strengthening exercises **two or more days**
per week.

And how I do that?

1 Sit less!



Take breaks from continuously sitting in front of your computer, tablet or smartphone **every 20-30 minutes.** Take a 1-2 minute walk around the house or play with a pet!

Try to alternate between sitting and standing, where possible, by creating a standing desk area.



2 Make stairs your new best friend



Stair climbing is an extremely time-efficient way to maintain fitness and **as little as three 20-second fast stair-climbs a day** can improve fitness in only 6 weeks.

3 Maintain strength using your own bodyweight



Research shows that bodyweight home-based strength exercises such as **press-ups, sit-ups, and planks** are as important for health as aerobic exercise.

Aim for at least **a couple of bodyweight sessions per week:**

- 2-4 sets of 8-15 repetitions of each exercise
- 2-3 minutes rest between sets.

4 Dance the COVID-19 blues away!

Dancing is an excellent way to protect the heart and maintain fitness – it can easily reach **moderate** and even **vigorous intensity exercise,** while **releasing endorphins** to help you get through the lonely days.



5 Give pets and kids more playtime than they've ever had!



It's a good opportunity to bond more with the little 2 and 4 legged members of your family through active play.

Both kids and dogs will welcome more one-on-one time with you and you'll increase the amount of exercise you get by allocating time to keep them busy.



ISRAELI SALAD

by Courtney <https://www.knowyourproduce.com/author/kayleemv/>

INGREDIENTS

- **3 Roma tomatoes**
- **1 cucumber Persian or English**
- **1 red pepper**
- **1/2 medium onion red or white**
- **1/2 cup parsley chopped**
- **1/8 cup lemon juice fresh**
- **3 tablespoons olive oil**
- **salt to taste**

INSTRUCTIONS

1. Slice the tomatoes in half and discard the seeds.
2. Chop the tomatoes, cucumbers, peppers, onion, and parsley.
3. Place the chopped vegetables and parsley into a bowl.
4. Add in the lemon juice, olive oil, and salt.
5. Mix until combined and serve as desired.

RECIPE TIPS

- Make this in advance or right before serving.
- Double or even triple for entertaining.
- When it sits in the refrigerator the peppers, cucumbers, and tomatoes, will release some water, this is normal. You can use a slotted spoon to remove the desired amount.
- You can do a small dice or finely chopped this salad, you could even do a rough chop and make it more rustic. This is naturally a vegan recipe, but you can make it vegetarian by adding in some feta cheese.
- Want to add some vegan protein? Add in some chickpeas! Chickpeas are a staple in Middle Eastern recipes.